



Feb. 3, 2014

Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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Original Code Talker Buried at R.I. National Cemetery:

There are more than 23,000 people buried at the Rock Island National Cemetery. And among them, you'll find everything from former ballplayers to commanding generals. But it's one man buried there who helped pioneer a language that changed the course of World War II. "They used their code and to this day, it's the only code that has never been broken," says

Gloria Dzekunskas, R.I. National Cemetery. John Junior Willie is one of the 29 original Navajo Code Talkers. "It's such a small unique group it's definitely a special story," says Dzekunskas. Private 1st class Willie was one of several who would be on the front lines for the Marines sending messages back to home base - messages that the enemy could not decipher. "Even if you pick up the message, its

gobbledy gook and you have to have this key code to understand what's being said there," says George Eaton, historian. Here's how it worked: "They did not have a written language," says Dzekunskas. ([More](#))



"HOME OF US ARMY LOGISTICS"

Rock Island Arsenal Evacuates Buildings, Carbon Monoxide Symptoms Important to Recognize:

Several Arsenal employees went to area hospitals Thursday, Feb. 6, after fumes from a delivery truck contaminated air moving through a building ventilation system. Arsenal officials called in assistance via the Mutual Alarm Box Aid System and from Quad Cities area emergency services. Thirteen of those who were reported ill were taken to multiple area hospitals. Unaffected persons were taken to safe areas on the installation. The buildings' air intakes were opened to flush the fumes and were given the all-clear at approximately 1:45 p.m. Although this incident is the result of a rare set of circumstance, the contaminated air presents certain dangers and symptoms. Breathing air contaminated with vehicle (gas or



diesel) exhaust exposes individuals to carbon monoxide (CO) gas among other pollutants. Symptoms of CO exposure may include headaches, dizziness, nausea, fatigue or flu-like illness. Treatment is prompt removal from further exposure and depending on the severity, supplemental oxygen. Once removal from the CO source has occurred the body will normally clear itself of residual CO over the next several hours. ([Infographic](#))

DoD Pushing Congress, Communities for 2017 Base Closures: The Defense Department is preparing to ask for a round of base closures in 2017 and is making the case to defense communities and lawmakers, according to Army officials. Paul Cramer, deputy assistant secretary for installations and partnerships, said the Army is also working with the rest of the Defense Department on the possibility to include a BRAC authorization in the upcoming 2015 National Defense Authorization Act (NDAA). It is not yet decided whether DoD will officially ask for its inclusion in the legislation, but there are



Upcoming Dates

Feb. 11-13: DA Photo Studio on RIA
Feb. 12: Health Fair, Fitness Ctr, 10 a.m. – 2 p.m.
Feb. 12: Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
Feb. 12: Explosive Safety Council, Bldg. 90, RM 25, 10 a.m.
Feb. 13: Garrison Town Hall, Baylor, 1 p.m.
Feb. 26: RIA Tenant Senior Leaders Luncheon, Arsenal Island Clubhouse, 11:30 a.m.
Feb. 27: Community Information MTG, Arsenal Island Golf Clubhouse, 9 a.m.
Feb. 27: RIA Council of Colonels/Deputies Luncheon, Arsenal Island Clubhouse, 11:30 a.m.
March 4: Installation Planning Board, Baylor Conf. Rm., Time TBD
March 10-14: Training- Unit Prevention Leader, Baylor Conf. Rm.
March 10-14: Real Property Master Plan, Standards Workshop (Schedule TBD)
March 11-13: DA Photo Studio on RIA
March 12: Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
March 19: EQCC, Bldg. 90, Room, 10 a.m.
March 27: Community Information Mtg., Arsenal Island Golf Clubhouse, 9 a.m.
March 27: RIA General Officer Board of Directors, Arsenal Island Golf Clubhouse, 3 p.m.
March 27: Right Arm Night, 4:30 p.m.
April 1: Giant Voice Test, 10 a.m.
April 8: Holocaust Remembrance Day
April 8-10: DA Photo Studio on RIA
April 9: Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
April 16: Honor Flight of the Quad Cities (QCI Airport)
April 20: Easter Brunch, Arsenal Island Clubhouse, 10:30 a.m. – 2 p.m.
April 24: Community Information MTG, Arsenal Island Golf Clubhouse, 9 a.m.



indications that it will be part of the DoD budget request to be announced in March. ([More](#))

Army to Push for New BRAC Round

In 2017: Army officials will begin a public push for a new round of base closures that could take place as early as 2017, according to an Army spokesperson. Katherine Hammack, assistant secretary of the Army for installations, energy and environment, and other Army officials will make the case for a new round of base realignment and closures in line with the administration's goals to create a more efficient Defense Department at the Association of Defense Communities Installation Innovation Forum Feb. 10. ([More](#))



Army Unveils 'Gold Star' PSA

Honoring Survivors of Fallen: The Army announced Wednesday that it will release three public service announcements over the next year to increase awareness of DoD-issued Gold Star and next-of-kin lapel pins. Fox Sports aired



the first PSA yesterday, in the half-hour before kickoff of Super Bowl XLVIII. The pins are designed to signify the loss of a loved one in support of the nation. Although the Gold Star pins have been in existence for decades, many Americans are unfamiliar with their meaning. ([More](#))

Groups Object to New Federal

Charity Rules: The Office of Personnel Management is finalizing Combined Federal Campaign (CFC) regulations that leaders of charitable organizations fear will undermine donations from federal employees. The concerns come as the organizations are bracing for reduced donations as a result of the just concluded three-year freeze on federal basic pay rates, pay cuts to many employees because of unpaid furlough days and the resulting low morale. ([More](#))



OPM's Retirement Backlog Nearly

Doubles in January: Thanks to a tremendous influx of new claims, the size of OPM's retirement backlog nearly doubled last month. 17,383 new claims were received in January, nearly four times as much as in December. Of those,

the agency processed 8,724. Of particular note, however, is the size of the outstanding backlog of claims: at the end of December, it stood at 12,637 but after last month, it rose to 21,296. OPM has generally been processing more claims than it receives each month, but this will no doubt be at least a temporary setback in reducing the backlog. ([More](#))

For Federal Employees, Debt Ceiling Approach Follows Familiar Path:

For fiscal crisis-weary federal employees, the looming federal debt ceiling fight has the feel of déjà vu all over again. The Treasury Department has warned that it "will be forced to use extraordinary measures to continue to finance the government" unless Congress acts by Friday, when the limit — temporarily suspended by a law enacted last year — goes back into effect. ([More](#))



Maximizing Your Social Security

Benefits: Would you like to get a 32% higher Social Security benefit? How about being able to collect ½ of your spouse's Social Security benefit while



you are still working; with no earnings test? There's a catch, right? Yes, there is; you must be at least your full retirement age (which is 66 or 67 for most readers of this article). ([More](#))

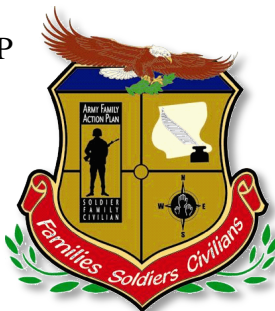
DoD to Increase Focus On Moral Character of Military: Recent revelations of ethical lapses within the military—allegations of cheating on proficiency tests at an Air Force missile base and at the Navy's nuclear propulsion school—have sparked Defense Secretary Chuck Hagel to put a renewed focus on the moral character of the military, according to the Pentagon's top spokesman. ([More](#))

Army Family Team Building Brown Bag Seminars: Bring your lunch and take Level (K): Knowledge of the Military one class at a time during your lunch hour. Each Tuesday lunch hour 11:35 a.m. – 12:25 p.m., **Jan. 21 through March 25.** Classes held at Army Community Service (ACS), Bldg. 110. To register call ACS (309) 782-0829 or on [TEDs](#). Please register no later than one day prior. ([Flyer](#))



Army Family Team Building Level (L) Leadership Development: Course covers: Leadership Styles, Effective Communication for Leaders, Developing Great Meetings, Establishing Team Dynamics, Resolving Conflict, Coaching and Mentoring, Virtual Meetings and more. Classes offered **Feb. 12-13**, 8:30 a.m. – 3 p.m. Please register no later than **Feb. 11.** AFTB classes are held at Army Community Service, Bldg. 110. Classes are open to Military members, Family members, Civilians and Contractors affiliated with Rock Island Arsenal. To register, call ACS at (309) 782-0829. (Civilians can also register on [TEDs](#))

Army Family Action Plan Conference: Sometimes people need a soapbox to stand on to get their issues heard. Let the Rock Island Arsenal AFAP be the microphone for voicing your issues and solutions to improve our quality of Army life. What do you think? We want to hear from you. Do you have an issue that negatively impacts the quality of life for Soldiers, DA Civilians, Families or retirees? Do you have ideas about



what RIA or the Department of the Army can do to improve our organizations, systems, processes, or guidelines to better serve members of the Army community? The AFAP is a mechanism for identifying things that need to be fixed and providing concrete solutions to address them. Members of the Army community submit issues that are then placed in workgroups at our AFAP conference for discussion. Issues must be measurable and within the purview of the DA or DoD to address. Issues may affect Soldiers (active duty, reservists, or members of the National Guard), family members, DA civilians, or retirees. Issues have to be submitted on [ArmyOneSource](#). Once on the site login and on the drop down menu "Family Programs and Services" click Army Family Action Plan Issue Management and "Submit Issue." ArmyOneSource gives you the option of submitting issues anonymously or with your name. Be Heard. Date: **Tuesday, Feb. 25** Time: **8 a.m. - 4 p.m.**

Arsenal Attic Thrift Shop: Shop at the Arsenal Attic Thrift Store every Tuesday, Thursday and 3rd Saturday, 9 a.m. – 3 p.m.



POC: (309) 782-6977.

Eagle Watches & Clock Tower Tours:

The park rangers with the Rock Island District, Corps of Engineers' Mississippi River Visitor Center will once again be conducting eagle watches and Clock Tower Building tours through the Visitor Center on **Feb. 8, and 9.**



These dates are on Saturdays and Sundays at 9-10:30 a.m. and 12:30-2 p.m. These events will combine both the eagle watches and historical Clock Tower Building tours. Reservations are required and group size is limited. For more information or to make reservations call the Visitor Center at (309) 794-5338.

Outdoor Show and RV Camping

Show: If you have a love for the outdoors and winter is keeping you from participating in your favorite recreational activities then come visit with our ranger staff at the QCCA

Expo Center in Rock Island and get geared up for summer while the cold air



**US Army Corps
of Engineers** ®
Rock Island District

is still blowing outside. The Outdoor Show will be held **Feb. 13-16** and our rangers will be on hand to provide information on all the recreational opportunities our project has to offer. We will even have annual day use passes available for sale so that boaters can get ready for the season by purchasing their boat ramp sticker early. The RV Camping Show will be the following weekend **Feb. 21-23** and rangers will be on site to answer questions and provide information on all our camping and recreational areas. For more information on these shows check out the [website](#).

Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Feb. 14 & 21, 10 a.m. – 12 p.m.** If



you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on April 18 & 25**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15**

a.m. on Feb. 22. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. DMC to host Community Blood Drive on **Thursday, Feb. 13, 10 a.m. - 1:30 p.m.**, at Bldg. 350, in the MVRBC Donor Bus. Anyone who works in Bldg. 350 is invited to donate at this blood drive. To donate, please contact Brandon Cronise at (309) 782-3711 or visit bloodcenterimpact.org. The Rock Island District, U.S. Army Corps of Engineers is hosting a blood drive on **Thursday, Feb. 20, 8 a.m. - 1 p.m.**, in the Clock Tower Annex Building, Bldg. 217, in the ABC Conf. Rm. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, "Fall is definitely in the air. Did you know that when someone "falls," your blood donation helps to pick them up? In some cases, it is the reason patients are able to get up and carry on in life. On behalf of the patients whose lives you have "picked up," thank you."

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant



programs. For additional information
[click here.](#)

Employee USAG-RIA Town Hall:

There will be a USAG-RIA Town Hall for Garrison employees on Thursday, **Feb. 13**, at 1 p.m., in the Baylor Conf. Rm., Bldg. 103. Please help us get a head start on answering questions by submitting your questions in advance to the [Ask The Garrison Commander mailbox](#). This will allow Garrison staff to due detailed responses to some questions, and the forum will still be open to new questions during the Town Hall.



VIOS Schedule for February, March, April and May:

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Feb. 11, 12 and 13; March 11, 12 and 13; April 22, 23 and 24; and May 6, 7, and 8** (Note changes to previous April dates). Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-

in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Women in Defense Spring Fashion

Show: Our WID spring fashion show is Saturday, **March 8**, at the Lodge in Bettendorf. Tickets are \$35 per person, \$65 for two or a table of eight for just \$240. There will be door prizes, a silent auction and 50/50 raffle. Sponsors include Younkers, Four Seasons,

Teranga House of Diversity, CJ Banks, River Bandits, Gypsy Nails and the Fun Co. Tuxedos. Go to getmeregistered.com or call (309) 787-5076 to reserve your seats now. This is a WID fundraiser for WID scholarships and other locally sponsored charities. See more details at www.widiic.org. WID is a 501(c)(3) non-profit organization. Want to volunteer, model or sponsor? Call Peggy at (309) 787-5076.

Time: **11 a.m.**

WID Wisdom Lunch-n-Learn:

WID is sponsoring a Wisdom Lunch-n-Learn on Thursday, **Feb. 27**, 11:15 a.m. to Noon in the Caisson Room, Bldg. 60. Dan Saskowski, Cardiac Rehab Program Administrator at UnityPoint Trinity, will present the topic "Symptoms of a Heart Attack in Women." Many of us know people who have had a heart attack but were either in denial or didn't know what was going on. Join us so you can recognize the signs of a heart attack and know what to do for yourself or others if a heart attack occurs. Delaying action could have serious consequences. There is no charge for the lunch-n-learn, no RSVP required (but would be helpful for the room set-up). Bring your own lunch. Questions/RSVP may be directed to



Dianne at (309) 912-2044 or
dianne.wheeler5033@sbcglobal.net.

Arsenal Island Employee Local

Discounts: The following discounts are exclusively available to Arsenal Island employees – **The Slice:** Right off the Moline Bridge exit, is offering \$2 off their pizza buffet with drink to Rock Island Arsenal workers. **Double Tap Firearms:** Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA (🔗). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time (🔗). **New Life Chiropractic Clinic:** Arsenal Island employees, we're offering you a 20 percent discount on our services (🔗). **Goebel Family Dentistry:** Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (🔗). *This information is included for general workforce interest and does not*

constitute endorsement of the businesses or products.

Arsenal Traffic/Construction



Future Ft. Armstrong Construction:

In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies in an effort to minimize impact to the surrounding communities.

Building/Space Closures



No Building/Space Closure related announcements this week.

Active Duty/Reserve Zone



Comprehensive Soldier and Family

Fitness: ArmyFit: The Comprehensive Soldier and Family Fitness program (CSF2) launched a new social media platform, ArmyFit, for Soldiers, Army families and Army civilians to use in building their resilience and enhancing their performance. This online, self-development platform offers members of the total Army an opportunity to access tools and resources that will help them improve their physical and psychological strength in the areas of social, emotional, spiritual, family and physical fitness. ([More](#))

SMA: Soldiers Have Duty to End Sexual Assault, Prevent Suicides In

Army: Soldiers have a duty to protect each other from sexual assault, help a battle buddy at risk for suicide, and create a safe and respectful environment for all members, said the Army's top enlisted adviser. Sgt. Maj. of the Army Raymond F. Chandler III spoke to Soldiers Monday, during a town hall meeting at Fort Belvoir, Va. Sexual assault in the ranks, he said, erodes the trust Soldiers and the American people have placed in the Army. "If someone is not acting within our values, within our



beliefs, you have a duty to do something about it," he told the forum. ([More](#))

Army Adjusts Retention Control

Points for Junior Enlisted: The Army has announced changes to retention control points for Soldiers in the ranks of corporal through sergeant. The changes took effect Feb. 1. Retention control points, or RCPs, refer to the number of years a Soldier may serve to, at a particular rank. For example, the retention control point for a staff sergeant is 20 years. He must retire at 20 years, unless he is promoted to sergeant first class. ([More](#))

McCaskill Bill Would Require

Military Health Plan to Cover Breast

Pumps: Sen. Claire McCaskill (D-Mo.) this week introduced a bill that would require the military's health insurance program to cover breastfeeding equipment and counseling, just as the Affordable Care Act mandates for most insurance plans. Under the health law, widely known as Obamacare, insurance companies must cover breast-pump rental or give the equipment to new mothers, in addition to providing lactation counseling and support. But the military's coverage, TRICARE, leaves armed-forces personnel and their spouses to pay the full costs for those

services out of pocket unless their children are born prematurely and meet other criteria. ([More](#))

Operation Family Time Out: Open to military kids and kids of deployed civilian ages 6 weeks to 12 years. This past January at the Two Rivers YMCA, the kids had a 4-H science activity on magnets. They learned how to levitate objects using magnets. They had a super fun time learning how magnetic force works. Not only were they interested with the experiment but they had many questions about the topic. Frank, a 4-H volunteer, engaged the children in interactive, hands-on learning. We hope you can join us for another new science experiment and other educational programs that are coming up. Upcoming Programs will meet at the following YMCAs, 1-5 p.m. Upcoming programs are as follows: • **Feb. 8** at the Bettendorf YMCA • **March 8** at the Two Rivers YMCA • **April 12** at the Davenport YMCA • **May 10** at the Two Rivers YMCA.

Tax Assistance Center: Income tax filing season is here, and Rock Island Arsenal will again host a free tax assistance center. The tax center serves members of the RIA community eligible for Legal Assistance services—

primarily active duty service members, military retirees, and family members. In a change from recent years, an appointment is required and there is no "drop-off" service. Appointments will be available weekdays, 8 a.m. to 3 p.m., **Jan. 28 through April 15**. Most appointments can be expected to take about an hour, with more complex returns taking longer. In accordance with IRS guidelines, the tax center may prepare and submit most – but not all – federal and state income tax returns. For example, we cannot prepare returns for a home-based business. If you expect your return to be complex, please discuss that with us when you call, and we can advise as to whether we will be able to prepare your return. To schedule an appointment please call (309) 782-8457/1894. Please bring the following to your appointment: a photo ID; your social security card (or official SSA correspondence with your SSN on it); documents showing income of any type (W-2s, 1099s, etc.); documents to support any deductions/credits; copy of last year's return; direct deposit information; dependents' birth dates.

Walk-In Pet Vaccination Clinic: The Great Lakes Veterinary Services will be hosting a pet vaccination clinic Thursday, **March 20**, 1-6 p.m.; and



Friday, **March 21**, 8 a.m. – 1 p.m., at the Rock Island Arsenal Fire Department. All active duty military, military reserve and National Guard, military retirees, and dependents with valid identification cards are eligible to use this service. There is a charge for all services provided with payment in cash or check only. Please see [our website](#) for prices. Questions? Please call at (847) 688-5740 ext. 4.

Safety Spotlight

Beware of Icy Walking & Driving

Conditions: Melt - freeze - melt - freeze; it's a vicious cycle. The day time temperatures have been warm enough to melt the snow. Evening temperatures drop, and cause the melted snow to re-freeze, causing icy conditions on sidewalks and in parking lots in the mornings. This is yet another message to inform you icy conditions. It may look wet, but it could be ice. Please take your time, look for and anticipate slippery conditions. Walk slowly and drive carefully.



Equal Opportunity Focus

African American/Black History

Month: "Civil Rights in America":

February is African American/Black History Month, a time during which the African Americans are honored. This year, the "Civil Rights in America" is being celebrated and the 50th anniversary of the passing of the 1964 Civil Rights Act, which was a result of the historic march on Washington in 1963, is being marked. These events are forever linked in American history. People from every creed, color and background shared in these highpoints that now bind all as a nation. During the period from Feb. 1 through Feb. 28, the Army will highlight and honor African American military and civil service at all levels by telling their story in command information products at all levels. Throughout the year, the Army will celebrate and commemorate the diversity of the total force. The Army will also leverage and draw strength from the rich diversity within the military and civilian ranks by recognizing it's critical role played in strengthening the nation's presence around the world. ([More](#))

Morale, Welfare & Recreation (MWR)

Visit the MWR website at

www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

New Fitness Center Classes: Group fitness classes at the Fitness Center are a great way to get those New Year's resolutions off to a running start. With a wide variety of class styles including rowing, spinning, yoga, TRX and our new 20:20:20 & Fit For Life classes there is sure to be something for all. [Visit here](#) for full class schedules, descriptions and prices or call (309) 782-6787.

Carwash Notice: With all the salt on the roads this time of year the carwash bay located in the Auto Skills Shop (Bldg. 351) is a great place keep your vehicle clean, shiny and rust free. If you do use the carwash please remember to close the door to the wash bay when you are finished as this cold weather wreaks havoc on the water pipes and will shut down the system.



New Group Fitness Class: Fit For Life:

Fit For Life is a class designed to help you stay healthy, fit, and active throughout all stages of your life. This class combines low impact cardio, strength training, balance, and flexibility training. This class is also a great way to improve health, help you feel better, have fun, and socialize with others! Fit For Life will help individuals improve balance, posture, coordination, flexibility, strength, and endurance through instructed guidance using light weights, resistance bands, stability balls, medicine balls, indoor track and various other pieces of equipment. The class is offered in six-week sessions for \$18 for civilians and \$16 for military or just try 1 class and pay the drop-in fee of \$3/class. Call (309) 782-6787 for more info and to sign up. ([Flyer](#))
Time: **9-9:45 a.m.**

Ghost Hunters Dinner and Tour of Historic Quarters One:

The always-popular Ghost Hunters Dinners are back Friday, **Feb. 7**, 6:30 p.m., for 2014. Enjoy a delicious buffet featuring prime rib and sautéed chicken breast followed by ghost hunting in historic Quarters One led by the Rock Island Paranormal Society. Cost is just \$35 and reservations can be made by calling (309) 782-4372. ([Flyer](#))

RIA Annual MWR Health Fair:

Brought to you through sponsorship by Unity Point Health-Trinity (no official U.S. Army endorsement implied), the RIA Fitness Center's annual health fair is a great place to obtain lots of helpful information and advice about your health. Stop by the Fitness Center on **Feb. 12**, 10 a.m. - 2 p.m., to visit the various exhibitors who will have a myriad of information on a wide spectrum of health related topics including cardiology, chiropractic and cancer treatment to name just a few. There is always lots of goodies and freebies available as well. Don't feel like walking to the fair in the cold or losing your parking space? No problem, just jump on the free shuttle bus that will be making loops around the island. Call (309) 782-6789 for more info. ([Flyer](#)) If you are interested in free family activities, watching exiting dance performances, learning some new dance steps and/or keeping your heart healthy, you will want to check out our health fair sponsor UnityPoint Health – Trinity's event on Saturday, **Feb. 15**, at the RiverCenter. Be part of the biggest dance party for better health in the United States. Bring your family and friends to dance, listen to music, participate in health screenings, and

learn about simple and fun ways to stay healthy. ([Flyer](#))

Valentine's Vendor Fair: Waiting till the last minute to get your sweetheart a Valentine's Day gift? Don't sweat it; there'll be plenty of great items to choose from at our Valentine's Vendor Fair, Thursday, **Feb. 13**, 9 a.m. - 1 p.m., in Heritage Hall (Bldg. 60) including Tearjerker Boxes, Midnight Perfumery, Scentsy Candles and much more. Call (309) 780-5890 for more info. ([Flyer](#))

Valentine's Wine Dinner: Looking for something special for your special someone this Valentine's Day? What could be more romantic than a gourmet five-course candlelit meal perfectly paired with five extraordinary wine selections? Get your reservations now for Friday, **Feb. 14**, 6:30 p.m., for this limited seating dinner at the beautiful and historic Arsenal Island Golf Clubhouse. See the flyer in the link below for the complete menu including wines and more info. Call (309) 782-4372 to reserve your seats before they are gone. ([Flyer](#))

MWR 2014 Garden Plot Sign Ups:

Signups for this season's MWR Garden Plot Program at Outdoor Recreation Bldg. 333 are: Active duty military –



March 3; retired military – **March 10;** and RIA civilians – **March 17.** For more information and complete details phone Outdoor Recreation at (309) 782-8630. Time: **8:15 a.m. - 4 p.m.**

MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

Sesame Street LIVE!: No matter where you're from or where you've been, everyone is special – so join in. Elmo, Grover, Abby Cadabby, and their Sesame Street friends welcome Chamki, Grover's friend from India, to Sesame Street. Together, they explore the universal fun of friendship and celebrate cultural similarities, from singing and dancing, to sharing cookies. Join the fun and make a memory with your friends and family. Leisure Travel Office has discounted tickets on sale until **Feb. 18.** Date: **Thursday, March 13** Time: **6:30 p.m.**

Miss Abigail's Guide to Dating, Mating & Marriage: This is the story of Miss Abigail, the most sought-after relationship expert to the stars (think Dr.

Ruth meets Emily Post), and her sexy sidekick Paco, as they travel the world teaching Miss Abigail's outrageously funny "how-to's" on dating, mating, and marriage. Let Miss Abigail take you back to a simpler time, before booty calls and before speed-dating. Back when the divorce rate wasn't 50 percent and when "fidelity" was more than an investment firm. Discounted seats on sale until **March 1.**

Date: **Saturday, March 15**
Time: **5:45 p.m.**

Tales of a Fourth Grade Nothing:

Circa 21 children's theatre presents: Tales of a Fourth Grade Nothing. It is a humorous look at family life and the troubles that can only be caused by a younger sibling. This play teaches children about responsibilities and how to recognize certain feelings they have, whether with family or friends, and that the emotions they have are ok.

Discounted seats on sale until **April 5** ... \$9 per person.

Date: **Saturday, April 19**
Time: **10 a.m.**

Walt Disney Military Promotion

Tickets: Disney has renewed the Armed Forces Salute for yet another year. The offer will run **Sept. 29, 2013 – Sept. 27, 2014.** Qualified individuals may

purchase up to a maximum of six theme park tickets during the period. Four-Day Park Hopper tickets \$169 Four-Day Water Park & More tickets for \$169 Four-Day Park Hopper tickets plus the Water Park & More option for \$198, **April 13** (no theme park or water park use) **July 4** (no Magic Kingdom use) Please allow three weeks for ticket arrival when ordering.

Universal Studios Orlando: This special ticket is good for unlimited admission for three days over a seven consecutive day period from first redemption. Universal Orlando Resort is more than a theme park, it is an entire universe of action and thrills featuring two spectacular theme parks unlike anything else in Orlando. Ticket expires on **May 9;** unused days shall be forfeited.

Davenport Cinemark 53rd 18 + IMAX

Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services





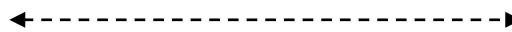
Exploring Theatre Arts at the School

Age Center: The kids at the School Age Center have had 4-H lessons on Theater Arts. They are learning how to become more confident and expressive in front of others. In February they will participate in activities that enhance their voices, facial expressions and body language. They will perform simple pantomimes in small groups. They will also be telling jokes and reciting tongue twisters in front of their peers. Last, they will participate in Reader's Theatre. The kids will practice scripts and then read them in front of an audience. This is a great way to encourage and develop reading skills while engaging in a cooperative and fun activity. Coming up in March, the kids will be participating in service learning activities. On **March 31** there will be a guest presenter from the American Red Cross. She will be teaching the kids about basic first aid. [For more information on what the School Age Center offers.](#)

Covenant Cottage Child Development

Home: [Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through

Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.



Army Community Service (ACS)

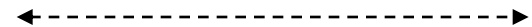


ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here.](#) 24/7 Sexual Assault Hotline: (309) 229-8412



Military Saves Week: Military Saves Week promotes automatic savings to assist service members, their Families and DoD civilians reach their savings goals. As part of Military Saves Week 2014, scheduled for **Feb. 24 – March 1**, RIA Army Community Service Center and RIA Federal Credit Union are spreading the savings message, and urging the community to participate in

Military Saves Week and take the Military Saves pledge. Military Saves Week is a great opportunity to help service members, their Families and DoD Civilians in our community to Set a Goal, Make a Plan, and Save automatically. The 2014 Military Saves Week theme is "Start Small. Think Big." To help the community save more successfully and encourage them to save, ACS and RIA Federal Credit Union offer military Families and DoD civilian employees the Military Saves Week. Military Saves Week encourages people to build wealth, not debt. Military Saves Week is coordinated by America Saves and the Consumer Federation of America in partnership with the Department of Defense. It is an annual opportunity for organizations to promote effective and responsible savings behavior and to provide an avenue for individuals to assess their own saving status. ([More](#))



Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday -



Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

National Eating Disorders Awareness Week – February 2014: We've all seen the ads, if only you had this diet pill, exercise device, or meal plan you would feel attractive and happy. It can be tempting to think that changing your weight can solve the problems in your life. However, for the millions of people who struggle with eating disorders each year their initial diet or weight loss tricks spiraled out of control into a mess of isolating rituals, despair, and medical complications. Organizations across the U.S. are working to raise awareness of eating disorders and their prevention during National Eating Disorders Awareness Week, **Feb. 23- March 1.** The Rock Island Arsenal Employee Assistance Program would like to help you increase your personal awareness by reminding you of confidential counseling available to you and your dependent family members. Master-level counselors offer short-term counseling and referral assistance. The EAP is located in Bldg. 56, 1st floor, East Wing and appointments are available Monday through Friday, 7:30

a.m. until 5 p.m. Call (309) 782-4357 to schedule an appointment. The Rock Island Arsenal Employee Assistance Program staff hopes you will take advantage of this free and confidential service because eating disorders are treatable and you can feel better. Learn more about eating disorders at <http://nedawareness.org>. You can also access an anonymous mental health screening at www.militarymentalhealth.org.

Assertiveness Training: Do you want to learn strategies to communicate effectively and to enhance yourself personally and professionally? Sign up for Assertiveness Training. Classes will be offered **March 11, April 8, May 6, June 10, July 8, Aug. 12**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (key word 'assertiveness') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

Time Management: Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Sign up for a Time Management class. Classes will be offered **March 25, April 22, May 13,**

June 24, July 22, Aug. 26, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (key word 'Time Management') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

Understanding PTSD: Classes are being offered for those who wish to learn more about the nature and treatment of Post-Traumatic Stress Disorder on **Feb. 11**, Tuesday, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122. Call (309) 782-4357 to reserve your spot. Presented by the Rock Island Arsenal Employee Assistance Program.

PTSD Support Groups: Help is available if you or a loved one is experiencing symptoms of Post-Traumatic Stress Disorder. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Grief Support Group: Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., Bldg. 56, 1st



Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Stress Management: Do you want to learn effective strategies to reduce stress? Sign up for a Stress Management Class. **Feb. 25**, Tuesday, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122, Call (309) 782-4357 to reserve your spot. Sponsored by: Employee Assistance Program.

Smoking Cessation Group: Do you want to learn effective ways to kick the habit? The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st Floor, East Wing.



Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

Don't Let Drugs Darken Your Future

Free Date Log Planners: There may not be such a thing as a free lunch, but there is such a thing as a free 2014 date log planner. The Army Substance Abuse



Program/Employee Assistance Program is giving away free date log planners to RIA Civilian and Military personnel. Just come to the ASAP/EAP, Bldg. 56, first floor, East Wing, and receive your free planner. Plan for tomorrow, and don't let drugs darken your future.

RIAWC Scholarships Available: The Rock Island Arsenal Welcome Club is now accepting scholarship applications from High School Seniors and Continued Education Students.

Applicants must meet eligibility requirements stated in the scholarship application. Merit-based scholarships will be awarded in the amount of \$750.00-\$1,500.00. Applications are available effective Jan. 15 from guidance counselors at local high schools and colleges, the Arsenal Attic (thrift shop), the fitness center, the commissary, by [email](#) or [download from our website](#). A link to the application

can also be accessed on our [Facebook page](#) under the events section. Applications must be post-marked no later than **March 15**.

FEEA Taking Applications for 2014-15 Scholarships:

The Federal Employee Education and Assistance Fund announced it is taking applications for its 2014-2015 FEEA Scholarship Program. The program, which began taking applications Jan. 2, is open to civilian federal and postal employees with at least three years of service by **Aug. 31**, as well as to their spouses and dependents. Active duty and retired military service members and their dependents are eligible only through a sponsoring civilian employee spouse. Applications must be postmarked no later than **March 28**, FEEA said. ([More](#))

Scholarships for Military Children

Program Opens: Applications for the 2014 Scholarships for Military Children Program become available Dec. 3 at commissaries worldwide or on the Internet at www.militaryscholar.org. Applications must be turned in to a commissary by close of business **Feb. 28**. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed. This year's award amount has risen to



\$2,000, and the program awards at least one scholarship at each commissary with qualified applicants. An applicant must be a dependent, unmarried child, younger than 21 - or 23, if enrolled as a full-time student at a college or university - of a service member on active duty, Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

Army Emergency Relief Scholarship Applications Now Available On-line: AER scholarship on-line applications for Army Spouses and Dependent Children of Active Duty Soldiers, Retirees and the Fallen are now available through April at www.aerhq.org and look under the Scholarship button, or go directly to www.aerhq.org/dnn563/Scholarships.aspx. For more information call (309) 782-1499 or jon.c.cook.civ@mail.mil. The AER Scholarship brochure can be viewed at www.riamwr.com/acs/emergency-relief.

NDIA Lifetime Achievement Awards: Nominations are being accepted for the Lt. Gen. (Ret) Lawrence Skibbie award for Lifetime Contributions to National Defense, the Maj. Gen. (Ret) William Eicher award for Lifetime Contributions to the Weapons Industrial Base and the

Maj. Gen. (Ret) Paul Greenberg award for Lifetime Contributions to the Ammunition Industrial Base. Applications must be postmarked no later than **April 12**. Send nominations to Jimmy Morgan, 289 Niabi Zoo Road, Coal Valley, IL 61240 or jimcmorgan@aol.com. Application details at www.ndia-ia-il.org.

RIAFCU Scholarship: Do you or someone you know need money for college? R.I.A. Federal Credit Union is awarding three \$1,000 scholarships for the 2014/2015 school year. Any primary member of R.I.A Federal Credit Union with an account in good standing is eligible to apply. An individual may join R.I.A. for the sole purpose of eligibility. The IL Quad City Credit Union League is also awarding scholarship monies for the 2014/2015 school year. Applications for either scholarship program are due **Feb. 15**. Applications may be picked up at the R.I.A. branch in Bldg. 61 or [download an application here](#).

NDIA Academic Year 2014-15 Scholarship: Applications for the Iowa Illinois Chapter NDIA Academic Year 2014-15 scholarship are now being accepted. The scholarship application may be found at www.ndia-ia-il.org.

Applications must be postmarked by **March 24**. Call (563) 650-3252 for further information.

Sgt. Paul Fisher Academic Year 2014-15: Scholarship Applications for Academic Year 2014-15 Sgt. Paul Fisher Scholarship are now being accepted. High school senior sons and daughters of active duty, reserve, and retired military members in Iowa and northwestern Illinois are eligible to apply. Applications are available on the chapter's web site, www.ndia-ia-il.org. Applications must be postmarked by **March 24**. Call (563) 650-3252 for any additional information.

2014 IA/IL WID Scholarship: Applications for the IA/IL Chapter WID 2014-15 academic year are now being accepted. The application may be found at www.widiic.org, and must be postmarked by April 14. Questions: Contact Chioma Ezeugwu, (309) 269-7148 or e-mail: scholarships@widiic.org. Date: **Monday, April 14** Time: **3 p.m.**

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Commissary / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Who Gives a Crap About the Commissary?: With all the different things on the budget's chopping block, who gives a crap about the commissary? It's a legitimate question we hear a lot these days coming from people in social media, discussion boards, and news articles. There are so many things to be mad about right now, why worry about a grocery store? Who gives a crap? And that's where the misunderstanding begins. The commissary is not a normal grocery store. It's subsidized with money from the Department of Defense (DoD) budget; 60 percent of its

employees are veterans or military family members; and it saves military families an average of 30 percent compared with an average grocery store (yes, even those big box stores and dollar stores). ([More](#))

Dempsey: No Plans to Close Military Commissaries: Contrary to some news reports, there are no plans to close military commissaries, the chairman of the Joint Chiefs of Staff said. But Army Gen. Martin E. Dempsey added that the budget environment is forcing the department to look for savings anywhere possible. The chairman first addressed this issue during his Facebook town hall meeting last month. ([More](#))

Arsenal Archive

Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Feb. 3-9: Construction of the

second phase of Project REARM began in February 1986.

Healthbeat

Avoid Low Vision--Wear Your Military Combat Eye Protection:

February is Low Vision Awareness Month. Low vision is a general term used to describe partial sight or sight that is not fully correctable by lenses, surgery or medication. In the United States, the most common causes of low vision are age-related macular degeneration, the leading cause of vision loss for people over the age of 50. Other causes include glaucoma, cataracts, diabetic retinopathy, albinism, some birth-related conditions and trauma. ([More](#))

'Use By?' 'Sell By?' Is My Food Still Safe to Eat?:

As consumers, we inevitably fall prey to the ambiguousness of the food labels placed on packaging by food manufacturers. The most commonly misunderstood labeling involves the terms, "Use by", "Best if used by" and "Sell by." Each term is sound, but what should be more defined is, whether the term relates to economics or food safety. Grocery products cannot last forever. Grocery



manufacturers want you to buy their products, and they spend considerable capital on designing a product that is palatable and presentable. It's about quality! ([More](#))

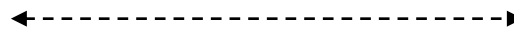
TRICARE Tip of the Week: "ADSMs, be aware that when you go out to get a sleep study done and it is determined you need a CPAP machine, you must return to the primary care manager (your doctor here) for order to be placed. Any other durable medical equipment such as braces, wheelchairs, etc. must also be ordered by your primary doctor, not the specialist." - RIAHC



Army Doctors Use Detective Work, Teamwork, Technology to Protect Health Of Force: Army doctors diagnose and successfully treat a host of potentially lethal diseases in Soldiers and family members on a routine basis, without much fanfare. Maj. Andrew D. Mosier, an Army radiologist, said it's all in a day's work. But he also said the cause of a malady isn't always readily apparent and sometimes it takes some skillful sleuthing to discover its identity

-- an especially important part of a radiologist's job. ([More](#))

Does Your Child Have a Super Smile?: Seeing a child's big happy smile lets parents know that all is right in world. We get excited when babies get their first teeth. We want our children to grow up strong and healthy. But unfortunately, many parents are unaware that a child cannot be truly healthy without a healthy smile (mouth). February is National Children's Dental Health Month. Children with dental problems have problems eating, have trouble concentrating in class and miss more days of school than children with healthy mouths. By eating a healthy diet, avoiding added sugars, brushing and flossing, and having regular dental visits, children can avoid cavities and get a super smile. ([More](#))



Notes for Veterans



New Tool Helps Vets Sort Through GI Bill Educational Benefits: The Department of Veterans Affairs this week launched an online tool to help service members, veterans and eligible family members calculate and learn about Post-9/11 GI Bill educational benefits. The new GI Bill Comparison

Tool collects a range of information from about 17 online sources and three federal agencies, including information on the number of students receiving VA benefits at each educational institution. The tool is part of a series of resources VA is launching in response to an executive order, signed in April 2012, that directs agencies to provide beneficiaries with cost and quality information on schools, prevent deceptive recruiting practices and improve academic and student support services. ([More](#))

Groups Call For Increased VA Spending In Advance of Obama's 2015 Budget: Four of the nation's leading veterans organizations this week proposed a budget plan that calls for increased spending on veterans programs in 2015 and beyond. The policy statement, from the Veterans of Foreign Wars, AMVETS, Disabled American Veterans and Paralyzed Veterans of America, calls for \$72.9 billion in funding for Department of Veterans Affairs health care and benefits. Its release on Tuesday came exactly a month before President Obama plans to release his 2015 budget wish list. ([More](#))



House Passes Bill to Give Veterans In-State Tuition, Halt VA Executive Bonuses:

The House this week unanimously passed a bill that would expand veterans' educational benefits and end bonuses for the senior executives at the Department of Veterans Affairs for five years. The measure, approved on Monday, was introduced last year by Reps. Jeff Miller (R-Fla.) and Mike Michaud (D-Maine), who head the House Veterans Affairs Committee. It would require all schools eligible for GI Bill benefits to give veterans in-state tuition rates regardless of where those individuals have actually established residence. ([More](#))

Carpooling Announcements

Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Did You Know?: The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for



up to \$245 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.

Around the Q.C.

- Feb. 7:** [Vietnam Veterans of America-Chapter 776 Trivia Night](#) (Davenport American Legion-Post 26, 702 W 35th Street)
- Feb. 9:** [MCCQC Annual Chili Cook-Off](#) (Fargo Lounge, 4204 Avenue of the Cities, Moline)
- Feb. 14:** [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)
- Feb. 13-16:** [Outdoor Show](#) (QCCA Expo Center, Rock Island)

- Feb. 23:** [CBRC Chili Chase 4-Mile Run/Walk](#) (Duck Creek Park, Davenport)
- March 15:** [29th Annual St. Patrick's Day Parade](#) (Rock Island & Davenport)
- March 19-22:** [Gathering of the Green](#) (RiverCenter, Davenport)
- March 21:** [NCMA QC Chapter Trivia Night with Mr. Trivia](#) (Knights of Columbus Hall 1111 W. 35th St. Davenport)
- March 21-23:** [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)
- April 12:** [Bandits Race to Home 5K](#) (Modern Woodman Park)
- April 12:** [Run for Renewal 5K](#) (Sr. Concetta Park, Davenport)
- April 26:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
- May 2-3:** [Army JROTC 7th Annual "Blue Devil" Raider Challenge](#) (Naval Operations Support Center, Bldg. 218, Arsenal Island)
- May 3:** [Village in Bloom: Festival of the Arts](#) (Village of East Davenport)
- May 3:** [Derby Day Party](#) (Arsenal Island Golf Clubhouse)
- May 3:** [Venus Envy](#) (Bucktown Center for the Arts, Davenport)
- May 10-11:** [Beaux Arts Fair](#) (Downtown Davenport)
- May 17:** [5th Annual You Were Made for This 5K](#) (Young Life, Moline)
- May 17:** [Livefit With Lupus Run 5K](#) (LeClaire, Iowa)
- May 17:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
- May 26:** [49th Annual Quad Cities Criterium](#) (Downtown Rock Island)
- June 3-7:** [Quad Cities Senior Olympics](#) (Rock Island)
- June 6-7:** [Rhubarb Festival](#) (Aledo, Ill.)
- June 6-7:** [22nd Annual Gumbo Ya Ya](#) (The District, Rock Island)



June 7-8: [QC Pridefest](#) (Downtown Davenport)

June 12: [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf)
<http://www.hotrod.com/>

June 12-15: [19th Annual Rally on the River](#) (Centennial Park, Davenport)

June 14: [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)

June 14: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

June 14-15: [Juneteenth](#) (LeClaire Park, Davenport)

June 15: [30th Annual Ride the River Bike Ride](#) (Downtown Davenport)

June 17-21: [145th Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)

June 20-22: [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)

June 21: [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)

June 21: [Royal Ball Run For Autism 5K](#) (Milan, Ill.)

June 22: [Blossoms at Butterworth](#) (Deere Family Homes, Moline)

June 27-28: [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)

July 3: [Red, White & Boom!](#) (The District & Downtown Davenport)

July 3-5: [30th Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

July 4: [Firecracker Run & Parade](#) (East Moline)

July 4: [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)

July 7-13: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

July 10-12: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)

July 12: [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)

July 12: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

July 19-20: [Heartland Jam](#) (Centennial Park)

July 25-26: [43rd Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)

July 26: [41st Annual Quad-City Times Bix7](#)

July 29-Aug. 3: [95th Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)

July 31-Aug. 3: [43rd Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)

Aug. 2: [British Auto Fest](#) (LeClaire, Iowa)

Aug. 7: [2nd Annual Freedom Run 5K](#) (East Moline, Ill.)

Aug. 7-9: [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)

Aug. 8-9: [22nd Annual Ya Maka My Weekend](#) (The District, Rock Island)

Aug. 9: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Aug. 15-16: [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)

Aug. 16: [Floatzilla](#) (Sunset Marina, Rock Island)

Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)

Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)

Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)

Sept. 5-21: [East West Riverfest](#) (Various QC Locations)

Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)

Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)

Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)

Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 13: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 20: [15th Annual WQPT Brew Ha Ha](#)

Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)

Sept. 28: [17th Annual Quad Cities Marathon](#)

Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Oct. 4: [Night of the Running Dead 5K](#) (Davenport)

Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)

Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)

Oct. 11: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)

Oct. 23: [Fright Night](#) (The District, Rock Island)

Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)

Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)

Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)

Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)

Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)

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Island Insight

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Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone:

(309) 782-1121. The *Island Insight* is [available on-line](#).

